



Motivational workshops

Partners have organized Motivational workshops for seeing the effectiveness of the Comp-UP Motivational Toolkit. The structure of the workshops has been mutually followed by all partners.

In **Spain** for instance, Almería Acoge, implemented 1 session of 8 hours on 10th March 2022 for 15 participants. First, they met and had an introduction part in the session, with an introduction round. Icebreakers, communications activities were put in place with some breaks between the sessions. The language barrier posed some issues, but otherwise feedback was quite positive.

In **Sweden**, the motivational workshop was implemented as a full day of training with lunch breaks and coffee breaks. In the morning an introduction round of all participants, the trainers, the activities for the day and the Comp-up project has been carried out. Then, the day continued with an ice-breaker activity to make the atmosphere in the group a bit more relaxed. This worked very well and the groups had good dynamic (could also have helped that we formed two separate smaller groups). There were a total number of 15 participants, who were very engaged and positive about the training. A lot of laughing and sharing of experiences took place.



In **Italy**, CO&SO, thanks to its associated cooperative "Il Girasole", implemented 2 sessions of 4 hours each in October, November last year, for 15 participants. During the workshops the following chapters of the COMP-UP Toolkit have been tested:

- 2 icebreakers (sociometric position, best place)
- Communication (especially job interview & preparations, communication styles)
- Overcoming barriers.

Participants were a bit skeptical at first about the exercises, but they found most useful the job interview exercises and icebreakers as these let them discuss about work-related issues and share their objectives. Trainer said, she already uses these types of exercises, and it was good to see that these work well at EU level and that empowers learners to reach their own autonomy by finding new ways of problem solving.



In **Austria** there were also 15 participants engaged and the workshop was very successful for the AEPs and the participants. The contents of the toolkit and the training curriculum will be used by the AEPs in the future and adapted for the target group. The casestudy: ANNA is learning Spanish (overcoming barriers) has been used. The transfer to participants own decisions was a key factor that was reflected on intensively. In order to address personal decisions and their barriers, a trusting relationship is needed.



In **Romania**, the number of participants was 12, and the Motivation workshop was organized in an 8 hours session in November last year. Most of the participants have never thought of learning styles and their importance before of the event, therefore it all has been new and useful information. The feedback received was really positive also in Romania.

Final project meeting held in Florence

On the 20-21st of December, partners have had their final project meeting in a hybrid way in Florence, Italy. All partner organisations had representatives at the meeting, where final tasks and the final project results evaluation, alongside the planned dissemination activities have been put in place. Discussions on the finalized project results and to dos were on table. Partners appreciated the f2f meeting possibility after the two years pandemic.



Multiplier events were put in place for creating better visibility for the project

Partners have been *spreading the word* about the project and its developed materials through local and national events within the last months of the project. Events were organized in all partner countries where the project has been presented with all its developed resources targeted to AEPs. A number of 11 events have been planned for the project, in all partner countries involving at least 280 stakeholders at EU level with the objective of valorising the COMP-UP concept and training to ensure their sustainability.



These events proved successful as it has been highlighted one more time that the project answered a real need and it was good to see, that even though on local/national level some of the gathered materials have been already used, seeing its European level use, can reassure AEPs that working with low qualified adults is difficult, but can give professional satisfaction ones you manage to reach the goal of involving them in the different educational processes. And that was the aim of the project which had been reached in all partner countries!

Don't forget to check our materials and spread the word about the importance of education on all levels!

<https://comp-up.erasmus.site/>

